

X-TRAINING & SCULPT

DAY	CLASS/LOCATION	TIME	DATES	STU-F/S
Sunday	Kettlebell AMPD® (FL)	3:00 pm	2/3-5/5 (12 weeks)	\$60/75
Sunday	TurboKick® (FL)	4:00 pm	2/3-5/5 (12 weeks)	\$60/75
M/W	Boot Camp (FL)	12:10 pm	1/28-5/1 (13 weeks)	\$90/105
M/W	Full Body Sculpt (FL)	4:00 pm	1/28-5/1 (13 weeks)	\$90/105
M/W	Core N More (FL)	6:10 pm	2/11-5/1 (11 weeks)	\$75/90
T/Th	Tabata (FL)	5:10pm	1/29-5/2 (13 weeks)	\$90/105
T/Th	Booty Blast (FL)	4:00 pm	1/29-5/2 (13 weeks)	\$45/60
T/Th	Awesome Abs (FL)	4:35 pm	1/29-5/2 (13 weeks)	\$45/60
T/Th	HIIT Pump (FL)	12:10 p.m.	1/31-5/2 (13 weeks)	\$90/105
Friday	Booty Blast*(FL)	11:00 am	2/1-5/3 (12 weeks)	\$30/45
Friday	Awesome Abs*(FL)	11:35 am	2/1-5/3 (12 weeks)	\$30/45
Friday	Full Body Sculpt (FL)	12:10 pm	2/1-5/3 (12 weeks)	\$60/75

*Awesome Abs & Booty Blast are 25-minute classes

MIND/BODY

DAY	CLASS/LOCATION	TIME	DATES	STU-F/S
Sunday	Yoga Flow (FL)	5:30 pm	2/3-5/5 (12 weeks)	\$60/75
M/F	Vinyasa (FL)	8:00 am	1/28-5/3 (13 weeks)	\$90/105
T / TH	Yoga'lates (ED)	5:10pm	1/29-5/2 (13 weeks)	\$90/105
Wednesday	Yoga (FL)	5:05 pm	1/30-5/1 (13 weeks)	\$65/80

AEROBIC

DAY	CLASS/LOCATION	TIME	DATES	STU-F/S
Monday	Zumba (FL)	7:00 a.m.	1/28-4/29 (13 weeks)	\$65/80
Tuesday	Zumba (FL)	6:10 pm	1/29-4/30 (13 weeks)	\$65/80
Wednesday	Zumba (ED)	5:15 pm	1/30-5/1 (13 weeks)	\$65/80
Thursday	Bollywood Fitness (FL)	7:00 am	1/31-5/2 (13 weeks)	\$65/80
Thursday	Zumba (FL)	6:10 pm	1/31-5/2 (13 weeks)	\$65/80

CYCLE

DAY	CLASS/LOCATION	TIME	DATES	STU-F/S
M/F	Cycle 50 (FL)	12:10 pm	1/28-5/2 (13 weeks)	\$90/105
Wednesday	Cycle 50 (FL)	5:15 pm	2/13-5/1 (11 weeks)	\$55/70
Wednesday	Cycle 50 (FL)	8:00 pm	1/30-5/1 (13 weeks)	\$65/80
Thursday	Cycle 50 (FL)	5:30 pm	1/31-5/2 (13 weeks)	\$65/80

AQUA FITNESS

DAY	CLASS	TIME	DATES	STU-F/S
M/W	Shallow	12:40 pm	1/28-4/24(12 weeks)	\$70/85
Tuesday	Deep	12:05 pm	1/29-3/5 (6 weeks)	\$30/45
Tuesday	Aqua Cycle	12:05 pm	3/19-4/23 (6 weeks)	\$30/45

Rate Information: Stu = Students F/S = Faculty/Staff/Spouses/Alumni
Location Information: FL= Flanagan ED= Ernie Davis
 All Aqua Fitness & Swim Lesson classes are held in the Women's Building

ADULT SWIM LESSONS

DAY	CLASS	TIME	DATES	STU-F/S
Friday	Beginner Session 1	9:10 am	2/1-3/1 (5 weeks)	\$25/40
Friday	Beginner Session 2	9:10 am	3/8-4/12 (5 weeks)	\$25/40
Friday	Beginner Session 1	5:10 pm	2/1-3/1 (5 weeks)	\$25/40
Friday	Beginner Session 2	5:10 pm	3/8-4/12 (5 weeks)	\$25/40
Saturday	Beginner Session 1	12:10 pm	2/2-3/2 (5 weeks)	\$25/40
Saturday	Beginner Session 2	12:10 pm	3/8-4/12 (5 weeks)	\$25/40
Saturday	Intermediate Session 1	1:10 pm	2/2-3/2 (5 weeks)	\$25/40
Saturday	Intermediate Session 2	1:10 pm	3/8-4/12 (5 weeks)	\$25/40

FENCING

DAY	CLASS	TIME	DATES	STU-F/S
Tuesday	Fencing	3:00 pm	1/29-4/30 (13 weeks)	\$55/70

GOLF

There is no online registration for Golf. You must register directly at Drumlins. Dates TBD

MOVE IT MONDAY

FREE

Move it Monday is a part of the Healthy Campus Initiative, which focuses on participation in activities that promote the various components of wellness on campus at little or no cost to the user. Fitness class information is listed below and is offered on a first-come, first-served basis. Maximum enrollment for each class will vary based on the activity. Please arrive early for each class.

Class listings are located on the Recreation Services and Healthy Monday websites.

Monday 5:15pm Free Classes (see flyer) located in Flanagan Exercise Room
Free Move it Monday Classes will begin Monday, January 28th.

FREE WEEK of FITNESS CLASSES

January 22nd- 27th

Includes classes listed except for fencing, swim lessons, aqua fitness, golf, M/W 12:10 yoga, Tues 6:10 Zumba, T/Th 5:10 Yoga'lates

Registration is ongoing throughout the semester. However, initial registration payment needs to be submitted by **January 28th**. Please note that we no longer accept cash. Your spot is not guaranteed until payment is received. See next page for registration instructions.

CLASS DESCRIPTIONS

Adult Swim Lessons:

- Beginner: Little to no swimming skills. American Red Cross level 1-3.
- Intermediate: Attended beginner class & can swim 25 yards with 2 strokes.

Aqua Cycle: Spin class done in the water (less stress on joints).

Aqua Fitness: A challenging water workout with little impact on joints, using all major muscle groups to enhance total body fitness. Water shoes required for shallow water. Flotation belts provided for deep water.

Golf: Meet and register at the Drumlins Driving Range

Boot Camp: Jump up the intensity with strength, power, cardio and flexibility. This class mixes weights, cardio and more.

HIIT Pump: Full body, high intensity strength training workout

Turbo Kick®: The fat-blasting, ab-defining cardio workout is a mix of kickboxing, simple dance moves and HIIT blocks.

Full Body Sculpt: A full body workout designed for complete toning.

Core N More: Cardio and strength training designed for full body workout.

Tabata: High intensity interval training designed to get the heart pumping through a combination of work and rest periods.

Booty Blast: A 25-minute class designed to tone and sculpt the glute region.

Awesome Abs: 25-minutes of intense toning within the abdominal region.

Bollywood Fitness: a fun workout on enriching Bollywood music.

Zumba: Dance fitness program. A total workout combining cardio, balance, flexibility and muscle conditioning.

Kettlebell AMPD®: This whole-body workout focuses on specific areas such as arms, legs, core, and cardio. Each song concentrates on a main area, while still maintaining a whole-body routine.

Cycle 50: As close to outdoor cycle as it gets. Participants will burn calories and have fun with instructor-driven music and drills.

Vinyasa: Flow style yoga with special attention to alignment. This class will introduce concepts from ancient yoga philosophy (the Yoga Sutras).

Yoga: This class will include classical yoga postures, warm ups, breathing techniques, and relaxation methods.

Yogalates: Merges practice of Yoga with the core stabilizing, posture enhancing dynamics of Pilates. Includes poses (asana) to cultivate strength, stamina, stability and flexibility.

SPRING 2019 Fitness Classes

REGISTRATION INFORMATION

PAYMENT

Registration and credit card payments can be made online at:
<http://recreationservices.syr.edu> (register tab at the top)

The online registration will enable you to:

- View a list and descriptions of open classes.
- Enroll for a fitness class and securely pay with your credit card
- Receive an e-mail receipt to bring on the 1st day of class

If you are paying by CHECK, contact Alena Anthony
(alanthon@syr.edu). There is a \$20 charge on all returned checks.

DROPPING A CLASS

The LAST day to drop a class will be Friday, February 1st by 5pm. Before this deadline, you will receive a full refund minus a \$5 surcharge. AFTER this deadline **you will not receive a refund.**